ABSTRACT OF THE DISCLOSURE

A 3D air-pumping shoe having a first and a second chambers respectively on the rear and the front of the outsole; at lease one ventilation outlet being disposed on the side walls of both chambers for external connection; an air unit being each disposed in the first chamber and the second chamber, each air unit containing multiple laterally disposed air ducts that connecting through those ventilation outlets on the side walls of the outsole; and a waterproof air permeable film and a air permeable cushion being paved in sequence above the air unit.